

Have Fun. Be Well.

Chesapeake Yoga & Wellness is all about having fun with the process of learning and experiencing true yoga.

After learning the fundamentals of alignment and mindfulness on your mat in yoga class, Chesapeake Yoga & Wellness also gets you out into the world practicing what you learn in a number of fun and creative out-of-studio environments.

By teaching in the non-studio environments, Chesapeake Yoga & Wellness is able to encourage students to use the skills of mindfulness, balance and strength in their everyday lives.

Take your yoga out of the studio with Chesapeake Yoga & Wellness and onto the water, the bike trail, or even the office to experience how yoga can fit into your everyday life.

Meeting you on your mat. *And beyond.*



410. 490.0033
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www.ChesapeakeYoga.com



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Class Descriptions:

All Levels Yoga: A mixed level class, suitable for any level. Many variations and options for the poses will be offered, so that each person can find that which feels steady and comfortable. Students are encouraged to listen to and honor the messages of the body, mind, breath and spirit to determine which variation is most appropriate for them in that moment.

Gentle Yoga: Emphasizes safety through proper alignment in basic postures, breath awareness, and relaxation. Gentle Yoga is appropriate for those new to yoga, working through chronic issues, active people seeking to balance and heal over stressed bodies, and students that use yoga to counterbalance life's stress. Students learn standing, seated, and supine (on your back) asana/postures. Those for whom sitting, kneeling, or getting off the floor cause issues might consider private yoga lessons to address individual needs. New students looking for a more physical approach might consider All Levels Yoga.

Yoga Nidra: Guided deep relaxation for the body and mind followed by relaxing breathing techniques leading into peaceful meditation. This class helps us release physical and mental stress and connect with a place of peaceful wellbeing within.

Private Class: A one-on-one instruction tailored for the individual student. The class includes an initial Ayurvedic assessment of physical activity, lifestyle, goals and unique personality of the student that will determine the practice designed exclusively for the student. The class includes pranayama, meditation and asana that are appropriate based on the assessment. A minimum of 4 classes are recommended for results.

Private Group Class Series: 4 to 8-week programs focusing on themes appropriate for the group. Can be developed specifically for your group's levels and needs.

Yoga Class Fees

8-class/week: \$100

4-class/week: \$50

Drop-in: \$15

Private class: \$75 per hour

** Private groups require a minimum of 5 participants.*

** Session rates above apply to group's individuals.*

** One time classes for groups with 10 and more are \$10pp*

** Yoga mats and props are available.*

Stand Up Paddle & Yoga

Enhance your love of the outdoors and water with Stand Up Paddling (SUP) or SUP with Yoga lessons.

SUP Lessons (only) will teach you the basics of stand up paddle boarding, covering safety, proper stance and form and paddle techniques.

SUP & Yoga will begin with a review of SUP skills instruction followed by yoga on the board. The practice is for all levels, and beginners are welcome. SUP & Yoga is a great way to build balance, coordination, endurance, strength and mindfulness surrounded by the calming water, while viewing the Bay's surroundings from an entirely different perspective.

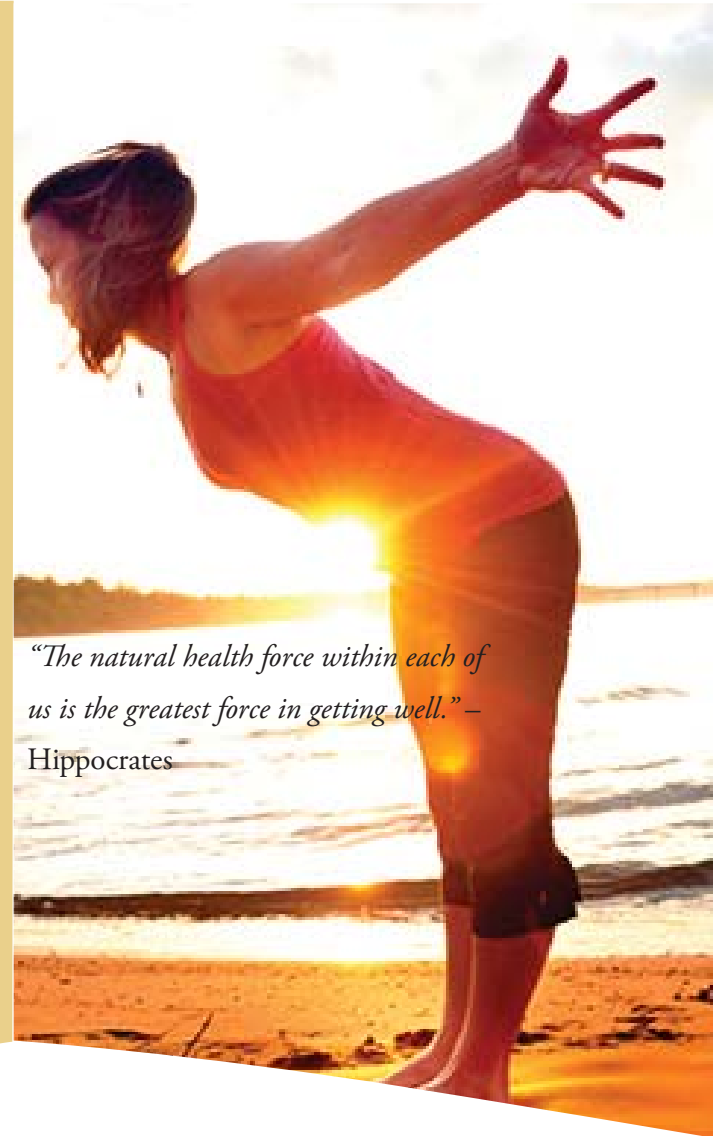
SUP & Yoga Class Rates:

Private lesson (1 person): \$60

Couple/2 people: \$35/pp

Group of 3 to 5 people: \$25/pp

Additional fee for board, paddle and PFD rental OR BYOB(oard). Rental fee will vary based on outfitter.



"The natural health force within each of us is the greatest force in getting well." –

Hippocrates

Private Events

Chesapeake Yoga & Wellness works with individuals and groups to develop and plan appropriate programs, schedules and locations. Consider incorporating a yoga class into your next event, including:

- Business Conferences
- Corporate Wellness Activities
- Day & Weekend Retreats
- Birthday Partys
- Bridal Showers

Photos by:
Mike Morgan Photography (left)
Rafael Crisostomo (cover/inside)

Contact

For more information, contact Chesapeake Yoga & Wellness at

410.490.0033 or email info@chesapeakeyoga.com
or for class & event schedules visit us online at:
www.chesapeakeyoga.com

